

Clinical Pilates is a specialised form of pilates, with individually designed programs based on an assessment by a qualified physiotherapist.

Its principles promote efficient movement patterns and specific recruitment and utilisation of core and stabilising muscles. The exercises can challenge people at any age or fitness level. As a result, Clinical Pilates is ideal for maintaining general health and well-being, fitness and strength training, rehabilitation and recovery from injury, or as a preventive measure to avoid further re-injury.

What are the benefits of Clinical Pilates?

- Improved posture, balance and motor control
- Better dynamic core stability
- Improved muscle tone
- Increased flexibility
- Improved general mobility and condition
- Correction of poor body mechanics that underlie injuries
- Prevention of future re-injury
- Developing your body to work safely and more efficiently
- Improved body awareness
- Abdominal toning and strengthening
- Relief of tension and fatigue



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